

## The Capitol Café Week OF February 16<sup>th</sup> 2008

**4 = Fit for Life Item**

Complete catering guide available to help make your meetings a success. Stop by the cashier & pick-up a catering menu

Gift certificates available throughout the year!!!



*"Beginning everyday from scratch"*

**A'viands**

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All comments welcome!

**Taco Bar Served every  
MON. & WED**

**Hot roast beef sandwich w/  
mashed potatoes & gravy**

**TUES. & THURS**

**Soup of the day**

**MONDAY**  
Chicken Noodle

**TUESDAY**  
Knoephla

**WEDNESDAY**  
Tomato

**THURSDAY**  
Cheesy Chicken Tortilla

**FRIDAY**  
Vegetable Beef

Open Monday thru Friday  
7am to 4:30pm

Breakfast served Monday thru Friday  
7am to 10:30am

Lunch served Monday thru Friday  
10:30am to 1:30pm

Closed all weekends & holidays

|                      |  |        |
|----------------------|--|--------|
| <b>MONDAY</b>        |  |        |
| Breakfast Grill      | Sausage, egg & cheese croissant  | \$3.55 |
| Grille               | Chicken Caesar Sandwich w/ side of baby carrots 4                                    | \$4.20 |
| Market place Entrees | Teriyaki glazed pork chop w/ Asian style vegetables & dinner roll                    | \$4.99 |
| World Flavors        | Beef stroganoff over egg noodles w/ bread stick                                      | \$4.99 |
| Grab and Go          | ½ BLT wrap w/ cup of soup  | \$3.25 |
| <b>TUESDAY</b>       |  |        |
| Breakfast Grill      | 2 pancakes, 2 bacon, order of toast  | \$2.99 |
| Grille 4             | E Z Black bean soup (cup) w/ two (2) cheese grilled cheese sandwich                  | \$3.99 |
| Market place Entrees | Cabbage rolls w/ side of vegetables & dinner roll                                    | \$4.67 |
| World Flavors        | Tuna casserole w/ vegetable & dinner roll  | \$4.67 |
| Grab and Go          | ½ turkey club wrap w/ cup of soup  | \$3.25 |
| <b>WEDNESDAY</b>     |  |        |
| Breakfast Grill      | Rancher's special w/ side of toast   | \$3.29 |
| Grille               | BBQ pork sandwich w/ side of fries   | \$4.67 |
| Market Place Entrees | Vegetable Marinara over noodles w/ side salad & garlic toast                         | \$4.20 |
| World Flavors        | Chicken Breast w/ tomato, avocado & cucumber salsa over Sp. Rice 4                   | \$4.67 |
| Grab and Go          | ½ Crispy Ranch wrap w/ cup of soup   | \$3.25 |
| <b>THURSDAY</b>      |  |        |
| Breakfast Grill      | Biscuits & gravy w/ side sausage patty   | \$3.05 |
| Grille               | Grilled chicken breast club on sourdough w/ cottage cheese                           | \$4.99 |
| Market Place Entrees | Stuffed green pepper w/ side of vegetables   | \$4.67 |
| World Flavors        | Crunchy Asian Salad w/ garlic bread stick 4  | \$4.49 |
| Grab and Go          | Veggie wrap (lett, toms, cukes, blk, olives, cheese & peppers w/ mayo)w/ cup of soup | \$3.25 |
| <b>FRIDAY</b>        |  |        |
| Breakfast grill      | Texas toast French toast w/ 2 strips of bacon  | \$2.99 |
| Grille               | Chili cheese dog w/ side of fries  | \$4.20 |
| Market Place Entrees | Raspberry chicken salad w/ garlic bread stick  | \$4.50 |
| World Flavors        | Slice of pizza (chicken Alfredo) w/ side salad By the Slice \$2.99                   | \$3.99 |
| Grab and Go          | Soup (cup) & salad bar   | \$4.20 |
|                      |  |        |